

NEW VETSOURCE ONLINE PHARMACY



We have recently partnered with Milburn Webster to provide you with another choice for purchase of medications and nutritional supplements, including some for dogs and cats. If you visit our website at www.rhinebeckequine.com, you will see a tab for On-Line Pharmacy on our home page. It provides a link to VetSource.

Any medications requiring prescriptions ordered from VetSource will be approved by our doctors, and the items are shipped to you from Milburn Webster to your home or barn or wherever you are within 5-7 business days. All orders over \$39 are shipped for free. Priority shipping is available for a fee.

We will still continue to offer a wide range of medications here at our office pharmacy for pick up or through purchase from one of our doctors during a visit to your home or facility. VetSource simply provides another option for your convenience, and has a wider range of available products. Please note that while prices on VetSource are



competitive with other online pharmacies, they may differ from the prices we offer in our office pharmacy. We hope this additional resource will be helpful for you. Milburn Webster is a quality company with an excellent reputation.

PLEASE SHARE YOUR E-MAIL ADDRESS

Our growing list of e-mail addresses was invaluable during the recent storms, as we were able to spread the word about our phone service difficulties, and swiftly send and receive information. As costs for printed publications rise, we are relying more and more on electronic communication. In addition, we can scan and e-mail laboratory results and other paperwork to you. Simply send an e-mail to liz@rhinebeckequine.com and she will add you to our distribution list.

Join Us On Facebook-Become a Fan of Rhinebeck Equine!

Fall 2011 Newsletter

26 Losec Lane • Rhinebeck, New York 12572

A Lifetime of Caring

Rhinebeck Equine, L.L.P.



James D. Mort, DVM
Jeffrey A. Williams, DVM
Amy L. Grice, VMD
Nina Deibel, DVM



Rhinebeck Equine, L.L.P.

A Lifetime of Caring

Paul C. Mountan, DVM
Andrea Sotela, DVM
James N. Nutt, VMD, DACVS
Shannon J. Murray, DVM, DACVS



NEW HORIZONS FOR DRs. LAUX, LATHAM AND AMITRANO

Time flew by for our 2010-11 interns, and we have many happy memories of their time with us. Many of you had the chance to work with them, and remember their cheerful and thorough care of your horses. Dr. Kathleen Laux began a position outside Chicago working with sport and show horses in a small select equine practice in mid July after helping orient our newly arrived class of interns this June. Dr. Erika Latham moved to the Boston area to join her husband as he finishes his PhD at MIT, and plans to pursue a research position. Dr. Fernando Amitrano began a surgical internship at Hagyard Medical Institute in Lexington, KY in July and next will pursue a surgical residency. We miss them!!

NEW INTERNS BEGAN JUNE 6TH

Our 2011-2012 interns began their year with us on Monday, June 6th in a week that was a flurry of emergencies. They were amazingly resilient while jumping in the deep end, and made us very proud. Our three new doctors come to us with strong equine experience and deep motivation.



Dr. Natalie Landen graduated from St. George's University School of Veterinary Medicine located in Grenada, West Indies. She is originally from Westchester County and spent her youth participating in 4-H. Dr. Landen is interested in reproduction, dentistry and pursuing further training in acupuncture after her internship. Prior to attending veterinary school, Dr. Landen completed a six month program at Lane's End-Oak Tree in Lexington, KY working with broodmares and foals. An avid rider, she competed at the

collegiate level for the University of Rhode Island. Dr. Landen has a very cute Silky Terrier named Jaxson. She hopes to have the time to train him in agility one day. In her free time Dr. Landen enjoys the beach, camping and live music events.

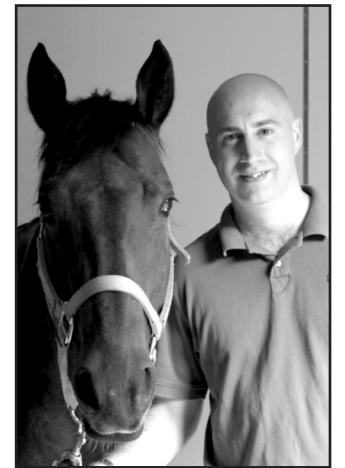
Dr. Carly Ross attended Iowa State University College of Veterinary Medicine. Prior to becoming a veterinarian, she worked in her own farrier business in California. As a veterinary student she gained vast amounts of clinical experience with Rural Area Veterinary Services, a practice providing services in areas without resident veterinarians. She has a strong interest in surgery, and wishes to pursue a residency in equine surgery after completion



of her nternship. Accompanying Dr. Ross on her move from Iowa was her husband John, her horses Pumbaa and Dolphin, and her dogs Dayton, Ralph and Charlie. She enjoys swimming, and all types of horse activities. To date she has tried polo, eventing, fox hunting, endurance, driving, packing and ride and tie.

Dr. Thomas Shaw grew up in a horsey family in Ohio, and showed hunter/jumpers during his youth. He earned his veterinary degree from Ohio State University College of Veterinary Medicine, and gained extensive experience in critical care working as an ICU technician while in veterinary school. He has a strong interest in sports medicine, and hopes to work in a high quality private equine practice after completing his internship. He enjoys sports, running, and playing the guitar.

Over the coming year you will have the opportunity to meet all of these talented young veterinarians as they rotate duties through the hospital and participate in ambulatory calls. Join us in welcoming them to the Hudson Valley.



SPORTS MEDICINE CORNER: BACK AND SACROILIAC PROBLEMS IN HORSES

By Jeffrey A. Williams

Back and lumbosacral/sacroiliac (LS/SI) problems can cause poor performance and lameness issues at all levels of activity in the sport horse. Signs of problems in these areas can include soreness on palpation; sinking when being mounted; pain when the girth is tightened; refusal to go forward; moving with the head up and in an inverted position; bucking and kicking out especially at the canter; and obvious lameness. Since compensation for lower limb lameness can contribute to soreness in the back and LS/SI area, it is important to rule out or treat any lower leg problems along with the “sore back”.



While soreness in the back and LS/SI can be secondary to lower limb lameness; primary problems can and frequently do occur. Primary problems can be associated with poor saddle fit; strain or sprain type injuries; myositis or myopathies (PSSM, nutritional –low Vit.E or Se); Lyme disease; impinging or overriding dorsal

spinous processes; degenerative joint disease of the articular facets; spondylosis; fractures; and desmitis of the dorsal spinous ligament. Sorting out the exact cause can sometimes be frustrating but starting with a good physical/ lameness exam and comprehensive blood work can help to narrow things down. Blood work might include a serum chemistry, Lyme titer and Vitamin E and selenium analysis. Further diagnostic tests including digital radiographs, ultrasound of the back, and nuclear scintigraphy can help significantly in the localization and diagnosis of these various conditions, because the more specific the diagnosis, the more likely a satisfactory treatment can be applied.

Treatments are varied and obviously will depend on the diagnosis. Non-steroidal anti-inflammatories (NSAID's), muscle relaxants (methocarbamol), and changes in work schedule are used as a starting point for many back and LS/SI issues. Specific problems such as Lyme disease (treated typically with oxytetracycline or doxycycline), PSSM (dietary management), low Vitamin E and Selenium (nutritional supplements) should be addressed appropriately. Impinging dorsal spinous



© ESI Photography. Lisa Engel of HITS is joined by Lisa Hoenigsberg and Becki Pitcher of Equine Resources International, as well as representatives of Rhinebeck Equine and Pfizer Animal Health to present McLain Ward and Antares F with awards for their win in the \$100,000 Strongid® C 2X Grand Prix, presented by Pfizer Animal Health.

processes, articular facet disease and LS/SI problems are typically addressed with ultrasound guided injections of various combinations of steroids, Sarapin and Traumeel. Follow-up therapies that are useful in these areas are shockwave treatment and mesotherapy. Mesotherapy involves injection of lidocaine, Traumeel and a short acting steroid in small intradermal blebs with a multi-injector of fine needles into the dermatomes of the affected area. The principle is based on the theory of gate control of pain in which stimulation of nerve fibers in the skin inhibit transmission of painful information from deeper structures through connections in the spinal cord.

Treatment of many back problems is also helped significantly with acupuncture and chiropractic therapy. Dr. Shannon Murray, along with her advanced degree in equine surgery, is also certified in acupuncture. While the majority of her work is in orthopedic surgery, general surgery and lameness diagnosis, she is currently accepting a few new acupuncture

patients. Call our office and speak to Jamie at ext 1001 to schedule an appointment with Dr. Murray.

In the next newsletter, some of the causes and treatments of back and SI pain will be explored in more detail. If you have specific issues with your horse's performance, would like more information, or would like to schedule an appointment for a comprehensive evaluation, please call our office.

FALL DENTAL CLINIC DAYS

Rhinebeck Equine will be offering a series of dates for dentals and other preventative health care in each of nine geographic areas as a way to help our smaller stables and individual owners. By organizing our visits in this way, we will be able to charge a reduced call charge of \$15 per owner. We are committed to keeping important preventative care affordable in these tough economic times. In return, we must ask for payment at the time the services are provided.

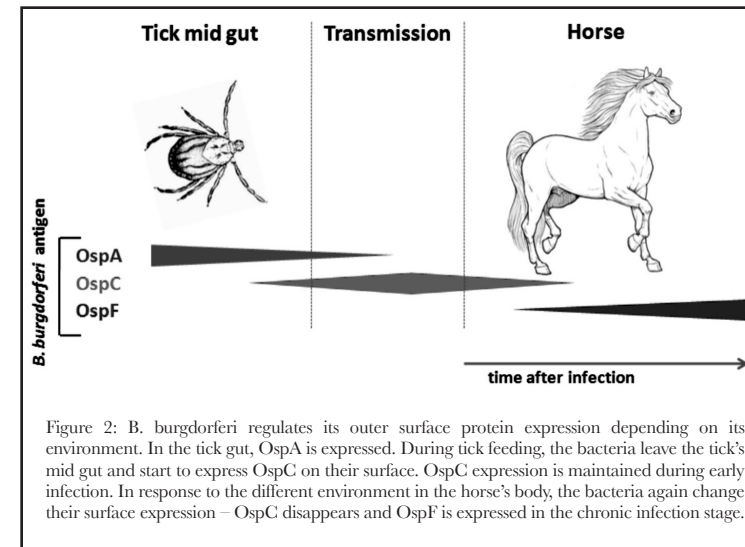
These special dates are designed for routine care such as dentals, sheath cleaning, and fall vaccines such as West Nile virus, Potomac Horse Fever and Lyme boosters. Routine screening tests for thyroid levels, ACTH/insulin, Lyme titers, quantitative fecals or CBC/Chemistry profiles can be done at this time as well.

Several of our veterinarians will be participating on each of these dates. If you have a preference for a particular doctor, we will do our best to accommodate you. Because of the need to schedule many visits per day, it may be hard to accommodate specific requests for appointment times, but we will make an effort to work with your time constraints. We can accommodate those of you that may need to be at work on the scheduled dates. Doctors accompanied by assistants will be able to come to your stable in your absence if you can confine the horses with halters on, identify them with tags or clear descriptions, and leave a written list of your requests for each horse. Leaving a check at the farm, or a credit card number with our billing department will satisfy the need to provide payment at the time of services.

GEOGRAPHIC LOCATION	TOWNS	DATES
Columbia County West	Hudson, Clermont, Livingston, Claverack	Tues 9/27 Wed 10/19
Columbia County East	Pine Plains, Millerton, Ancram, Copake, Chatham, Great Barrington	Wed 9/28 Thurs 10/20
Dutchess Northwest	Tivoli, Red Hook, Rhinebeck, Staatsburg, Salt Point, Hyde Park, Stanfordville, Clinton Corners	Thurs 9/29 Tues 10/18
Dutchess South	Wappingers, LaGrangeville, Fishkill, Beekman, Stormville, Hopewell Junction, Poughquag, Pleasant Valley	Tues 10/04 Wed 10/26
Dutchess East	Millbrook, Mabbettsville, Amenia, Dover, Chestnut Ridge, Wingdale, Smithfield	Wed 10/05 Thurs 10/27
Ulster/Green	Saugerties, West Camp Lake Katrine, Cairo, Catskill, Jewitt, Windham	Thurs 10/06 Tues 10/25
Ulster 209 Corridor	High Falls, Hurley, Stone Ridge, Accord, Kerhonkson, Ellenville, Marletown	Tues 10/11 Wed 11/02
Ulster 28 Corridor	Woodstock, Bearsville, Boiceville, West Shokan, Phoenicia, Shandaken, Olive Bridge	Wed 10/12 Thurs 11/13
Ulster South of 209	Kingston, Esopus, Rosendale, New Paltz, Highland, Gardiner, Marlborough, Ulster Park	Thurs 10/13 Tues 11/01

NEW LYME DISEASE TEST FROM CORNELL SIMPLIFIES DIAGNOSIS

At Rhinebeck Equine, we have performed diagnostic Lyme antibody testing by ELISA and Western blot (WB) at the Cornell Diagnostic Laboratory for many years. Alternatively, we use the Idexx SNAP 4DX test in our in-house laboratory, a test that has been validated for horses scientifically, but provides no numerical result. In research studies, these assays detect antibodies as early as 5-6 weeks after infection and result in strongly positive antibody titers at around 10-12 weeks. Cornell now offers a new, improved diagnostic test for Lyme Disease that has many advantages.



How does the new Lyme Multiplex test work?

The new Lyme multiplex assay was developed at the Animal Health Diagnostic Center at Cornell University. It detects antibodies to three different *B. burgdorferi* antigens in equine serum. The multiplex test is based on fluorescent bead technology that allows the simultaneous measurement of antibodies to different *B. burgdorferi* antigens in a single sample. The new multiplex test is based on three different outer surface proteins (Osp) of *B. burgdorferi*.

Various research studies have shown that Osp antigen expression on the bacterial surface changes in response to tick feeding and after infection of a warm-blooded host, such as dogs, horses, or humans. In response to infection, horses develop antibodies to these Osp proteins and testing for antibodies to specific Osp antigens can assist in the diagnosis of Lyme infection and disease.

Interpretation of Lyme multiplex results:

- OspA** – positive values for antibodies to OspA are typically observed in vaccinated animals. OspA is expressed while *B. burgdorferi* persists in the tick mid-gut and also while the bacteria are cultured in-vitro. During infection of mammalian hosts the bacteria down-regulate OspA. Thus, antibodies to OspA are almost undetectable after natural infection in non-vaccinated animals (e.g. dogs). In horses, however, antibodies to OspA also seem to rise during infection. Thus, the interpretation of results on antibodies to OspA is more complex in horses.
- Osp C** – has been found to be a valuable indicator for early infection with *B. burgdorferi*. Antibodies to OspC can be detected 2-3 weeks after infection *B. burgdorferi*. Antibodies to OspC decline after 3-5 months of infection.
- OspF** – is an indicator of chronic infection. Antibodies to OspF are developed 6-8 weeks afterinfection and persist afterwards.

What are the advantages of the new multiplex test?

The new Lyme disease test at the Animal Health Diagnostic Center at Cornell University combines the results previously obtained by ELISA and Western blotting.

The advantages of the new multiplex test compared to the previous procedure are:

- increased specificity and sensitivity
- quantitative measurement of individual antigens
- improved assay results distinguishing between (1) vaccination and infection (2) early and chronic stages of infection
- The test result provides advanced information beyond any of the current Lyme testing methods.
- The testing allows a better definition of the horse's current infection status and assists in determining treatment options.
- The infection status can also be determined in vaccinated horses.

How can Lyme Disease be prevented?

Because we live in an area that is populated by many ticks carrying Borrelia, we need to be vigilant in both preventing tick bites and recognizing early signs of Lyme Disease. Most pyrethrin based fly repellents also repel ticks, and this is usually stated on the label. Topical products are also available for application to the skin every few weeks, similar to those available for dogs. Some horses develop skin reactions to these products, but they can be very effective.

Regular inspection of your horse for ticks during grooming will alert you to their presence. The favored areas for tick attachment include the underside of the jaw between the mandibles, under the elbows, the sheath or udder, the inside of the thighs, and under the tail between the hind limbs. Tick bites generally appear as round hairless areas about the size of a penny, often oozing serum from the center, with an intense itch or sensitivity. The tick may be embedded in the center of the area and may be as small as a poppy seed. Some horses react intensely to tick bites, and form a “volcano” at the site of the bites. These reactive areas should be cleaned daily with betadine scrub. Application of the drawing salve, ichthammol, is favored by many to minimize the inflammatory reaction. Short-term administration of doxycycline to these horses can minimize both local bacterial infection and prevent establishment of Lyme disease.

Although there is no vaccine approved for use in horses, we have used the Fort Dodge canine vaccine for over ten years with no safety problems associated with its use. Veterinary researchers at Cornell have done studies that have shown that a similar experimental vaccine was effective in preventing Lyme disease in horses. Based on their work, the primary vaccination regimen requires the administration of three 1 ml doses: the first dose followed by the second three weeks later, and the third dose three months after the first. After the primary series is completed, boosters every six months are needed to maintain adequate levels of protection, as recent studies have shown that antibody titers from vaccination begin to decrease after six months.

MORE TROUBLE WITH TICKS-ANAPLASMA PHAGOCYTOPHILIA

Along with concern about the transmission of Borrelia from ticks, horses in our practice area frequently are infected with Anaplasma phagocytophilia. Anaplasmosis causes very high fevers (104°-107°F), swollen legs, depression, loss of appetite and occasionally neurologic signs. These horses are often sensitive to touch and obviously feel under the weather. Fortunately, treatment with intravenous oxytetracycline followed by oral doxycycline is very successful in resolving this infection. Total treatment time of ten days is necessary to prevent relapses. Most horses respond within a few days of starting treatment. Delay in starting treatment can result in dehydration, secondary impaction colic, anemia and clotting disorders. Please call promptly if your horse develops any signs of Anaplasmosis.

SAVE THE DATE: SEMINAR OCTOBER 19TH

Our annual fall seminar sponsored by Nutrena will be held on October 19th. Dr. Amy Grice will speak on “Neurologic Conditions”, and Dr. Krishona Martinson will speak on “Selecting and Feeding Hay to Minimize Waste”. Call Jeannie at extension 1023 for more information. Registration begins at 6:30pm, and the program begins at 7:00pm.